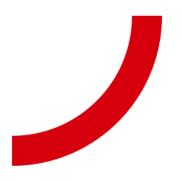


# DClinPsy Open Day 2023



#### **Pauline Adair**

Joint Programme & Academic Director / Professor

## Teaching days...

## Teaching usually takes place weekly on a Thursday with some Fridays:

- Teaching days comprise 4 x 1.5 hour sessions –
  9.30-5pm
- Number of teaching days varies across the year and depends on size of module:
- Small teaching block in Sept/Oct

#### **Teaching is generally led by experts:**

- Clinical Psychologists in the HSC
- The course team staff
- Guest Lecturers





## What informs our curriculum...

We aim to train reflective scientist-practitioners to meet the workforce needs of Northern Ireland

#### The content is informed by:

- Standards of proficiency HCPC
- BPS guidance
- Feedback from services

## Many key stakeholders who continuously review our teaching content:

- Representatives of BPS DCPNI SIGs
- Trainees
- Experts by experience
- School of Psychology Education Committee
- University
- External Examiners



## What we cover in teaching...

- Teaching involves the application of theory to practice to develop skills in 'Assessment, Formulation and Intervention'
- Apply theories and systemic thinking to help us understand the development and maintenance of distress: e.g. Attachment, psychodynamics (defense mechanisms, transference etc.), psychological flexibility, psychometrics, neuropsychology
- This leads to practice in applying different intervention models: e.g. CBT, systemic, psychodynamic, ACT
- Learn how to tailor approaches for use across the life-span (child, adult to older adult) and clinical contexts (LD, physical health, mental health etc.)

| Year | Module                | Summative         | Formative          |
|------|-----------------------|-------------------|--------------------|
|      |                       | Assessment        | Assessment         |
| 1    | Clinical Psychology 1 | Clinical Report 1 | PAGs (Reflective   |
|      |                       |                   | practice groups)   |
|      |                       |                   | Annual Appraisal   |
| 2    | Clinical Psychology 2 | Clinical Report 2 | PAGs (Reflective   |
|      |                       |                   | practice groups)   |
|      |                       |                   | In vivo Assessment |
|      |                       |                   | Annual Appraisal   |
| 3    | Clinical Psychology 3 | Clinical Report 3 | PAGs (Reflective   |
|      |                       |                   | practice groups)   |
|      |                       |                   | Balint group (new  |
|      |                       |                   | for 2024)          |
|      |                       |                   | Annual Appraisal   |



## Personal and Professional Development

- PPD (personal and professional development) is a space within the clinical psychology training programme where we focus on the development of our identity as clinical psychologists.
- This includes our relationship with ourselves as psychologists: what does it look like, feel like and so on as well as how we relate to clients, our colleagues, the position we take in the services where we work, and our relationship with the profession more broadly.
- These relationships can be different for each of us, and the PPD journey will be different for every trainee, with each individual having their own pathway to build on the skills and competencies that they brought into training from their pre-training personal and clinical experience.
- We encourage each trainee to develop their own unique PPD plan identifying areas where they would like to develop their awareness and skills.



| Mon 2 Oct<br>9.30-11.00     | Clinical Psychology 1 | Professional and Ethical Issues in Clinical Psychology 1   |       | Pauline Adair                | 03.504                            |
|-----------------------------|-----------------------|--|-------|------------------------------|-----------------------------------|
| 11.15-12.45                 | Clinical Psychology 1 | Professional and Ethical Issues in Clinical Psychology 1   |       | Pauline Adair                | 03.504                            |
| 1.45-3.15                   | Clinical Psychology 1 | Professional and Ethical Issues in Clinical Psychology 1   |       | Pauline Adair                | 03.504                            |
| 3.30-5.00                   | Clinical Psychology 1 | Professional and Ethical Issues in Clinical Psychology 1   |       | Pauline Adair                | 03.504                            |
| <b>Tue 3 Oct</b> 9.30-11.00 | Clinical Psychology 1 | Introduction to Psychodynamic Psychotherapy 1              |       | Bridget Tiernan              | 03.504                            |
| 11.15-12.45                 | Clinical Psychology 1 | Introduction to Psychodynamic Psychotherapy 1              |       | Bridget Tiernan              | 03.504                            |
| 1.45-3.15                   | Clinical Psychology 1 | Introduction to Psychodynamic Psychotherapy 2              |       | Bridget Tiernan              | 03.504                            |
| 3.30-5.00                   | Clinical Psychology 1 | Introduction to Psychodynamic Psychotherapy 2              |       | Bridget Tiernan              | 03.504                            |
| Wed 4 Oct<br>9.30-11.00     | Clinical Psychology 1 | CBT 6 – Behavioural Activation and Behavioural Experiments |       | Alison McKenna               | 03.504                            |
| 11.15-12.45                 | Clinical Psychology 1 | CBT 6 – Behavioural Activation and Behavioural Experiments |       | Alison McKenna               | 03.504                            |
| 1.45-3.15                   | Clinical Psychology 1 | CBT 7 – Cognitive Methods                                  |       | Alison McKenna               | 03.504                            |
| 3.30-5.00                   | Clinical Psychology 1 | CBT 7 – Cognitive Methods                                  |       | Alison McKenna               | 03.504                            |
| Thur 5 Oct<br>8.30-9.45     | Clinical Psychology 1 | Personal Awareness Groups                                  |       | A McKinney/<br>C Fry/J Slane | GRS 01.008/GRS 0G.12/C Fry Office |
| 11.15-12.45                 | Applied Research 1    | Introduction to Quantitative Research                      |       | Sara Lorimer                 | 03.504                            |
| 1.45-3.15                   | Clinical Psychology 1 | Risk Assessment  |       | Nora Laverty                 | 03.504                            |
| 3.30-5.00                   | Clinical Psychology 1 | Risk Assessment  |       | Nora Laverty                 | 03.504                            |
| Fri 6 Oct                   |                       |  | Study |                              |                                   |

### **Assessments**

Modular course: Each module includes an

assessment:

#### <u>Summative</u>

Case studies – one per year

### **Formative**

- Observed role play
- Peer development through reflective practice groups
- Role-plays in class
- Problem-based learning



